

the newham mag

ISSUE 141
22 March 2008



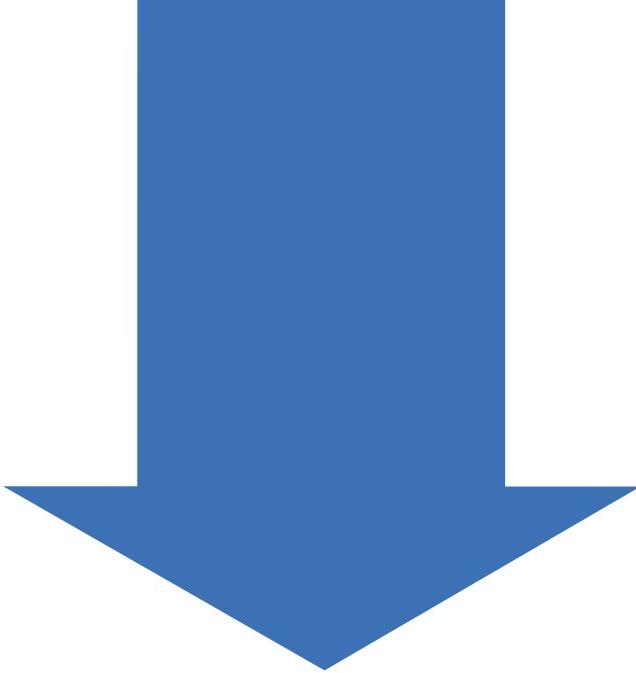
Page 13
Careers
and
Jobs Live



Page 18
Can you
dig it?

> **Centre pages** Don't miss the free
Beijing Torch Relay on 6 April





Drop in

...and we'll help you out

If you're thinking of giving up, why
not pop down to one of our new
'Stop smoking' drop-in venues?

Get **free** friendly advice and support,
plus access to nicotine replacement
therapy (gum, patches etc).*

Don't miss out...drop in!

For further information call us now on
0800 0131673 or text **QUIT** to **60155****

* One prescription charge per week will be collected for the first 4 weeks, then one prescription charge every 2 weeks will be collected thereafter. A maximum of 12 weeks NRT may be supplied. Continued supply of medications is subject to terms and conditions.

** Standard text rate applies.

*** Each venue will remain in operation every week until such a time that the service is no longer viable. Service provision will be reviewed by Newham Stop Smoking Service every 3 months and a decision made to continue with, or end the service in a designated area will be made at that stage. We will try to notify service users directly if a service ceases.

- | | | |
|---|---|---|
| St John's Church
Stratford Broadway
E15 1NG
Saturdays 10am-12pm**
Wednesdays 11:30am-1:30pm*** | The Hartley Centre
267 Barking Road
E6 1LB
Saturdays 10am-12pm*** | Canning Town & Custom House Regeneration Project Office
20 Freemasons Road
Custom House
E16 3NA
Saturdays 10am-12pm*** |
|---|---|---|

the newham mag



The biggest event since London won the 2012 Olympic bid is coming to Stratford! We have a centre page special on the Olympic Torch Relay, which you can pull out and take with you on 6 April. We also unveil our new monthly

gardening page, where we give you top seasonal tips of what to grow and when.

Happy Easter
and see you at the
Torch Relay.

Anita

On the cover:
The Olympic Torch
Relay passes through Stratford.



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Look out for the next issue from 5 April

contents

22 March 2008 // issue 141

Regulars

- 04 NEWS** – Four pages of news and pictures from across the borough
08 MAYOR'S VIEW – Sir Robin talks about the importance of learning English
28 NEWHAM IN FOCUS – Community news from your part of the borough
32 KIDS' CORNER – Puzzles, pictures and poems for our younger readers
35 WHAT'S ON – Four pages of activities and events for you to try – most of them free of charge

Features

- 10 EASTER** – Delving into the history of this religious holiday



10



30



Hammer time!

14



Wage war on
your wobble

Dr Zafar Iqbal tells us how

16

- 12 COMMUNITIES TAKE CONTROL** – Details of restorative justice schemes in Newham
13 CAREERS AND JOBS LIVE – Not to be missed if you're interested in employment, education, or training
14 WORKING LIVES – Meet Terry Paul, Newham's first Handyperson
16 HEALTH – How you can beat the bulge
18 GARDENERS' SECRETS – Top tips for March

CENTRE PAGES – Your pull out programme for the Olympic Torch Relay

- 23 FOCUS ON FAIRTRADE** – Read about Newham's acquired Fairtrade status
34 CHANGES TO HOUSING BENEFIT – Are you affected?



Published by the London Borough of Newham

IN BRIEF //

Blaze shatters Custom House hotel

Council officers were called into action when a fire damaged the Custom House Hotel in Victoria Dock Road. The Parks Constabulary helped more than 100 guests who were evacuated to the nearby Royal Docks Community School.

Custom House ward Councillor Pat Holland and staff from Newham Homes visited nearby properties to check on vulnerable council residents. The cause of the fire is under investigation.

Flag raised for Ghana Independence Day

The 51st anniversary of Ghana Independence Day was celebrated at Newham Town Hall in East Ham. Executive member for external relations, Councillor Unmesh Desai and Councillor Joy Laguda hosted the ceremony. Deputy Mayor Councillor Christine Bowden was also in attendance.

Mother pays fine for moped-riding son

The council prosecuted a 16-year-old boy who pleaded guilty to riding a moped through Keir Hardie Recreation Ground in Canning Town.

Due to his age, the boy's mother was fined £20 for the offence plus £50 costs and a contribution of £15 towards a victim support surcharge.

Councillor Ian Corbett, executive member for anti-social behaviour, said: "We will not hesitate to prosecute anyone who breaks the law."

>>> Newham anti-social behaviour model inspires government

A scheme pioneered by the council to tackle anti-social behaviour among young people has inspired new Government projects. Ed Balls, secretary of state for children, schools and families, and ministerial colleague Beverley Hughes visited the Youth Offending Team in Plaistow to see its Chance scheme in operation and, together with Mayor Sir Robin Wales, also met parents that have benefited from this approach.

Chance is a multi-agency programme that helps young people address the underlying causes of their anti-social behaviour. It has had success in preventing re-offending in the borough.

Mr Balls commented: "We need to protect communities against anti-social behaviour by tackling its causes. Individual support orders are not a soft option – they challenge young people to change their behaviour for the long term. Local areas need to make sure that they intervene early and deliver a co-ordinated approach, alongside enforcement measures like ASBOs."

Sir Robin said: "The key to our approach is early intervention. It is important that we involve the whole family in the process, not just the young person in isolation. That is why we offer a lot of support and advice to parents as part of the process."



The visitors outside the Youth Offending Team office in Plaistow

Opportunities to meet authors at Stratford Library

On 25 March at 6.30pm Courtia Newland, "rising star of Brit-lit and chronicler of inner city life" (The Guardian), will be special guest in the Hopkins Room at Stratford Library as part of the Get London Reading 2008 campaign, which aims to encourage Londoners to make time for books. Newland will be reading from his new collection of short stories, Music for the Off-Key, and other work. On 1 April at 7pm you can join Commonwealth prize-winning author Marion Molteno, also in the Hopkins Room, for a workshop celebrating Commonwealth Week. The group will read Molteno's prize-winning book If You Can Walk, You Can Dance and then have a chance to discuss it with the author.

Newham was chosen as one of only four authorities in London to host this project, which will build on the successful Reaching Readers project of last summer.

Tickets are free but limited and can be obtained by visiting Stratford Library. Call 020 8430 6890 for more information.

News

Local facilities to host training for 2012 athletes

Fourteen venues in Newham have been approved for use as training sites for athletes preparing for the London 2012 Games.

There will be a guide published at this year's Beijing Games detailing the council leisure centres, specialist facilities, schools and high quality facilities in the UK that are suitable for elite athletes to train and prepare for 2012. This will be circulated to National Olympic Committees and National Paralympic Committees.

Councillor Paul Brickell, executive member for Olympic opportunities, said: "I am delighted that so many of our venues are able to hold preparation camps for overseas athletes. Newham could be particularly attractive to teams who have links to our diverse communities. The council will continue to co-ordinate and support the venues in the process and work with partners to develop a plan to attract national Olympic and Paralympic associations to the area."

>>> The Queen visits Silvertown for the 130th anniversary of Tate & Lyle

Mayor Sir Robin Wales was among VIP guests who greeted Her Majesty the Queen and the Duke of Edinburgh when they visited the Tate & Lyle factory in Silvertown. The visit marked the 130th anniversary of sugar refining on the site of the oldest brand in the world.

Last month Tate & Lyle's granulated white cane sugar received accreditation as a Fairtrade product, bringing with it the announcement that the company will switch its entire UK retail cane sugar range to Fairtrade by the end of 2009.

Thames Refinery began production in 1878 when Queen Victoria was on the throne. Five monarchs later the brand remains one of the nation's most well-known and the vessels delivering its raw cane sugar are the largest cargo ships to berth in London.

Ian Bacon, Chief Executive of Tate & Lyle Sugars said: "It is a great honour that Her Majesty and the Duke of Edinburgh visited our historic site. We

are in the process of moving our entire retail cane sugars range to Fairtrade and are making significant investments at the refinery, including a novel biomass boiler which will cut fossil fuel consumption by 70 per cent from 2009."

During the visit the Queen and Duke

of Edinburgh toured the production process and also met two community partners based on the site: Auction My Stuff and Community Food Enterprise. Tate & Lyle invests in both organisations, providing office space and equipment, business mentoring and financial support.



NEWS // IN PICTURES

Making tracks – Robert the locomotive is temporarily moved to the East Anglian Railway Museum whilst work begins to upgrade the front of Stratford Station.



NEWS // IN PICTURES

- 1** The fire at Custom House Hotel, where more than 300 people were evacuated. **2** Council staff find out how they can become Special Constables at a BoroughBeat open day. **3** Balloons at one of Newham's Fairtrade events. **4** Sir Michael Caine gazes over the Olympic Park from the heights of Holden Point.





Mayor's view with Sir Robin Wales

A handwritten signature in blue ink that reads "SIR ROBIN WALES".

As easy as ABC

I am proud to say that we speak more than 110 languages in our borough. Our diversity is something to celebrate but I believe that learning and speaking English is essential for everyone that chooses to live here. Speaking the same language helps break down barriers which people may face in everyday situations such as

chatting with neighbours, going shopping and meeting other people – all of which contribute to a stronger community and a better quality of life.

Language barriers can prevent us from making the most of our lives; for example, it can stop us from getting good jobs. Anyone who is able to work should work, so that they can enjoy the benefits that come from employment.

The upcoming 2012 Games, the development of Stratford City and the regeneration of much of the borough is already bringing in more jobs with many more to come. I want our residents to be in pole position to get these jobs, and for some that will mean having to improve their English. That's a responsibility people should take seriously.

I want everyone to follow the example of Newham's school children. Seventy per cent of our primary school pupils speak English as a second language and still, 75 per cent of our pupils passed with results at national average or higher in their Key Stage 2 tests in English. That's better than some areas in the country where very few have English as a second language.

We are happy to support anyone who wants to make the effort to speak, read or write English better so that they can take advantage of the opportunities around them. We offer a wide range of services including English classes for our residents who feel they need some extra help. We try to ensure that support is available for everyone who wants to work, no matter what their needs are, so that our residents can have the best opportunities.

Newham College of Further Education offer part-time day and evening English classes at their East Ham and Stratford campuses. If you'd like more information about ESOL (English for Speakers of Other Languages) courses call 020 8257 4446.



Being one of the few elected Mayors, I am directly accountable to you. It's important that I'm open and accessible for any Newham resident. To find out more visit my website at www.newham.gov.uk/mayor or call 020 8430 2107 to find out where I'll be.



Be inspired



Stratford and West Ham

Funday



Saturday 29 March
11.00am – 3pm

Old Town Hall Stratford
29 Broadway
Stratford, E15 4BQ



Free fun for all!

Have a go at Olympic sports such as football, volleyball, hockey, netball, trampolining and more.

Get information about London 2012 Olympic Games and Paralympic Games, Newham Fit Club and Community Forums.

PLUS free entertainment, dance workshops, face painting, bouncy castle and T-shirt painting.

Bring the whole family for a great day out!

Test your knowledge in a fun Olympic quiz
Saturday 29 March, 6.30-10pm
Old Town Hall Stratford

To find out more freephone 0800 519 4015



Easter is the most important religious festival in the Christian calendar. It celebrates the miracle of Jesus' resurrection after his death and marks the end of Lent, a time of fasting and abstinence. It also has historical links with the Jewish festival of Passover, which was celebrated by Christians instead of Easter until as late as the fourth century AD. Several European languages reflect the link to Passover in their names for Easter, eg *pasqua* in Italian.

Looking even further back in time, Easter has distinct similarities with spring equinox celebrations, when pagan communities would celebrate the day that has exactly 12

hours of darkness and 12 of light. In fact, its name comes from Eastre, the Anglo-Saxon goddess symbolising eggs and hares – so you can thank the pagans for your Easter eggs!

Easter is a movable holy festival, falling at some point between 22 March and 25 April each year, according to the cycle of the moon. This year, for western churches, it falls between 21 and 24 March. For eastern orthodox churches, the date is different, with Easter Sunday falling this year on 27 April. The UK parliament passed an Act in 1928 to fix the date of Easter but, with the signature of every Christian church required, this has still not come to pass!

Eggstraordinary Easter facts – did you know...?

- > Each year witnesses the making of nearly 90 million chocolate bunnies and, when it comes to eating them, 76 per cent of people prefer to eat the ears first
- > Norwegians celebrate Easter by solving murder mysteries. The mysteries to be solved are all over the TV, in magazines and even on milk cartons
- > Egg rolling, a sport that involves rolling hard-boiled eggs down a hill, is still a surprisingly popular pastime in England and one that goes on all Easter weekend
- > Some of our traditions may seem strange, but in the Czech Republic men whip women on their behinds with willow twigs, while in Poland it is traditional to pour water on one another, a tradition with the name of "Smigus-Dyngus"
- > As well as eating chocolate eggs, people traditionally eat Simnel cake, which has 11 marzipan balls, representing the faithful apostles.

Happy Easter!





Be inspired



SPORTS QUIZ NIGHT

Saturday 29 March, 6.30-10pm
(quiz starts at 7pm)

**Old Town Hall Stratford
29 Broadway, Stratford E15 4BQ
Blue badge parking**

DO YOU LOVE SPORTS TRIVIA?

Represent your Community Forum area and test your sporting knowledge in a free, fun Olympic-inspired quiz.

Answer questions about past Olympic and Paralympic Games, as well as the 2012 Games, general knowledge and health.

To find out more or register your team of up to ten people freephone 0800 519 4015 or email community.forums@newham.gov.uk

Places are limited so please book early.

Free light refreshments supplied or you can bring your own food and soft drink.

Sign language interpreter or induction loop for hearing aid users available on request.



Restorative justice

Two schemes in the borough are combating the impact of crime and anti-social behaviour through grassroots work and the power of the courts.

A newly launched Community Justice Court has been giving residents in Canning Town and Custom House a greater say in the way offenders are punished. The court aims to ensure that offenders understand the impact of their crimes and pay something back to the community as part of their sentence. Speaking at the launch Mayor Sir Robin Wales said: "Feeling safe is a top priority for the people of Newham and therefore for me. I welcome the arrival of the Community Justice Court as a way of making sure that justice is visible and responsive to the concerns of the local community."

One of only three courts in London, under the initiative the magistrates will consult residents about the impact

of crime in their area. Residents can recommend the type of unpaid "payback" work offenders should carry out. The Community Justice Court will deal with a wide range of offences from criminal damage to possession of a knife.

Justice Minister Maria Eagle said: "Community Justice seeks to bring a bold new way of dispensing justice to the community. Nobody knows more about crime than the very people who suffer its effects and the professionals who work on crime prevention and related services."

The Community Justice Courts are complemented by a scheme known as Community Payback, which has been active in Newham for over a year. The work undertaken by the Payback team is highly visible and is delivered through unpaid work projects carried out by offenders as part of a community order. In the last four months 25 projects in Canning Town and Custom

House have placed offenders and have in turn benefited from garden clearance, painting and decorating.

The probation service has been working with the police and the council in the south of the borough. The Payback team has been executing a variety of work including litter picking, shrub cutting, fly-tip removal, graffiti removal and re-planting flower beds. An example of a larger scale project tackled by the team is the refurbishment Youth House in Fords Park Road. The team tackled the garden and cellar and undertook painting, decorating, light construction and gardening.

If you have a suggestion for the Community Payback team contact your local Safer Neighbourhoods Team on 020 8534 1212.





Step forward for a brighter future – Careers and Jobs Live

If you're looking for a job, interested in enhancing your skills with training or want to speak to an expert about a career change you can't afford to miss **Careers and Jobs Live**, which returns to ExCeL on 4 and 5 April.

In its eighth year, the free event is Britain's largest recruitment, careers, education and training exhibition and it is happening on your doorstep. Whether you're embarking on your first job or want to climb the career ladder, you'll not be short of opportunities with more than 100 prospective employers under one roof, with many Newham-based businesses present.

If you've ever wondered about a career with the council your wait is over! Being the largest employer in the borough with more than 12,000 employees, employment opportunities in the council are as diverse as the community in which we live. If you're a young person come and speak to us

about jobs and training and what we can offer you when you leave school, college or university. There'll also be someone on hand to talk about the Youth Employment Scheme for 16 to 19-year-olds and a list of current vacancies. The council's Workplace team will be present with advice for people looking for a job, wanting to start their own business or looking for staff. You can find both stands back-to-back opposite the main entrance to the event.

There are new additions to this year's exhibition. Graduates will be able to meet some of the UK's leading employers at the London and Thames Gateway Graduate Recruitment Fair. Skilled and unskilled workers can find out about openings in construction, retail, hospitality, leisure and tourism within regeneration projects like London 2012, Stratford City and Silvertown Quays at the Construction Web. And don't forget to visit the Walls

of Opportunity & Training, which will hold thousands of current employment and training possibilities.

Some of the free services offered include careers advice and admission to free seminars. Update your CV at the dedicated multiplex where dozens of specialists are waiting to meet you.

Remember – Careers and Jobs Live is at ExCeL on Friday 4 April from 10.30am to 5pm and Saturday 5 April from 10am to 4pm. Visit www.careersandjobslive.co.uk for a list of participating employers and register your details to be in with a chance of winning a Plasma television or a £7,500 Microsoft training course. Visit Newham Council and Workplace at stand 16.



Hammer time!

In February 2007 the council began trialing a Handyvan service which aimed to help older and disabled residents with minor repairs which many of us take for granted. A year later the scheme is going strong and has already assisted more than 500 people. We met the face behind the scheme, Terry Paul.

Whether unblocking a sink or changing smoke alarm batteries no job is too trivial for Terry Paul, Newham's first Handyperson. With more than 20 years of

experience in the council's Occupational Therapy (OT) team, where he adapted the homes of elderly and disabled residents, Terry continues to make life easier for vulnerable people in Newham through the Handyvan scheme.

The Handyvan service is run by Newham Home Improvement Agency in partnership with the NHS and the police. The scheme assists disabled people and residents who are aged 60 or over and on benefits that are income assessed. It is available to home

owners and council tenants and, barring the cost of materials, the service is free.

Terry explains that there was a real need for the service: "In my old role in occupational therapy I'd go round to someone's house and seeing the tool box they'd ask if we'd fit a bathroom cabinet that their son had brought a few months ago but had not got round to putting up. If they have no family nearby they could have to wait some time before someone comes round."

On average Terry manages to visit around

> WORKING LIVES



five homes per day. Jobs can be as simple as changing a light bulb or as complex as assembling flat pack furniture. He adds: "We get lots of requests for assistance with flat packing; some companies do provide an assembly service but you have to pay for it; if you're on benefits you may not be able to afford it." That is the kind of job that Terry can help with.

Terry even has added value: his years in the OT team have alerted him to everyday hazards that can cause a trip or fall and

how to prevent an accident before it happens. He said: "I recently went into a home to do a job and noticed that the stairs had no rail, there was just a banister. Knowing that this could be hazardous for the elderly service user I had a word with the OT team. I arranged for them to visit the property for an assessment and they later returned and fitted a rail."

The job takes Terry into the homes of some of the borough's more vulnerable residents where he regularly highlights

council initiatives which may be beneficial to the resident. He enthuses: "As I go into homes I promote services like Warm Zone and Warm Front – I'm always giving people energy saving light bulbs!"

Much of Terry's work is fault finding. Often people know something is wrong but not the reason why. Wherever possible items are repaired but on occasion they need to be replaced. "There are no labour costs; if someone needs a curtain rail I'll go to the shop, give them a call to let them know how much it costs and get it for them. There's no cost for screws or things like filler, just the actual items," Terry explained.

"What we're providing is a real social service and very rewarding."

Despite his busy schedule Terry loves his work. He said: "One service user had a faulty hot water tap which she was frightened to turn on in case she couldn't turn it off – it had been like that for three months. I fixed it and replaced a faulty lock on her door which she was worried about - she was so pleased she almost cried tears of happiness. I get a lot of job satisfaction. Sometimes people are so pleased to see you, and if you consider they need someone to come and change a light bulb you're guessing they don't get many visitors; often they'll get pictures out of the grandkids. What we're providing is a real social service and very rewarding."

Jobs undertaken by the Handyvan service include:

- > replacing broken panes of glass and tap washers
- > minor woodwork
- > unblocking sinks
- > changing light bulbs
- > fitting locks and security chains
- > replacing toilet seats
- > changing curtains or rails and much more.

For information about the scheme or to find out if you are eligible call **020 8430 4646** or email **handyvan@newham.gov.uk**



Wage war on your wobble

Dr Zafar Iqbal tells us how

Everyone's talking about obesity – it's on our TVs, in the newspapers, in our GP surgeries. With the 2012 Games on the horizon, there is a greater drive than ever to get Newham residents fit and healthy. Even with all the attention, many of us are still unaware of what obesity is, how it can affect your health, or what kind of support there is on your doorstep. But help is here!

So what's on offer?

The council teamed up with Newham Primary Care Trust to bring residents Newham Fit Club, offering a number of fantastic local fitness activities. You could either join the Open Programme, aimed at anyone over the age of 18, or the Targeted Programme, which has activities for specific groups and health conditions.

Open Programme

MOT Health Checks:

Get your blood pressure and BMI measurements without seeing a GP. In 2006, around 40 per cent regularly attending the checks showed a reduced BMI.

Mile Events:

Walk a mile, have your fitness tested and receive a free pedometer and certificate. The next event will be on 30 March at Central Park, East Ham from 10.30am to 1pm.

Fit Club Rambles:

People that can walk more than five miles and want to get some fresh air into their lungs should sign up to the rural rambling scheme. £6 for residents and £9 for non-residents, which covers transport to and from scenic locations and guided walks.

Targeted Programme

Free Senior Swims:

If you're a member of Fit Club and over 60, you can swim for free at all four of the borough's leisure centre swimming pools.

A very small sample of activities is shown here – call Obi Oniah for more details on 020 8430 3910.

Dr Zafar Iqbal, Sports and Exercise Medicine Doctor at the Gateway Surgical Centre in Plaistow, talks to us about what you can do to improve your health.



- A major contributing factor to obesity is physical inactivity, with up to three quarters of adults in the UK not doing enough to benefit their health
- Adults who are physically active have a 20-30 per cent reduced risk of a premature death and up to 50 per cent reduced risk of developing major chronic diseases such as heart disease, stroke, type II diabetes and hypertension
- Lack of physical activity is also associated with breathing problems, infertility, psychological problems

and even some cancers

- The current minimum recommendations for physical activity are easily achievable: adults should do at least 30 minutes a day of at least moderate physical activity on five or more days per week, while children should do at least one hour per day
- Moderate physical activity is movement that results in the following:
 - An increase in breathing rate
 - An increase in heart rate, to the level where the pulse can be felt
 - A feeling of increased warmth, possibly accompanied by sweating on hot or humid days
- You can do all 30 minutes at once or in sessions throughout the day, eg three lots of 10 minute brisk walks. However if you wish to lose weight then you should take a total of 60 to 90 minutes per day, which can be achieved by walking at a brisk pace, light cycling and even hoovering!
- With the wide variety of activities available in the borough, there really is no excuse not to get up and get moving at least five times a week!

Other ways to get fit...

Newham Gold Card

The Gold Card scheme is run by the council and offers young people living in the borough aged six to 21 the chance to use many of our sporting facilities completely free. Apply by email at sportsdevelopment@newham.gov.uk, phone 020 8430 2484 or pick up a form at any leisure centre.

Estate Based Sports programme

If you are aged between eight and 19-years-old you could have professionally coached sports such as basketball, fencing, football, twilight football (17-to-21 year-olds), gymnastics (during holidays only), multi-sports, non-contact boxing and street dance delivered right on your doorstep. All sessions are free to Gold Card members and open to young people of all abilities. Phone 020 430 2479 for more information and timetables.

Newham Green Gym

Get that glow that comes from making friends, doing something good for the community and getting some fresh air and exercise: join the Green Gym! The Green Gym meets regularly at East Ham Nature Reserve, High Street South to beautify the area as well as participants, who are given tasks according to individual fitness levels. Contact Mike Wilson for more information on mjw1@onetel.com or 020 8471 4257.

Disclaimer: If you have any medical illness, physical restriction or disability that may be aggravated or adversely affected by exercise then seek your doctors advice prior to starting.

GARDENERS' SECRETS

Our green-fingered friends from Parks offer their expert knowledge for your green space – however big or small.



How wonderful it is to see our parks and gardens waking up and the spring bulbs emerging.

On your walk around our parks you will see council staff mowing the grass and the on-site gardener weeding the shrub borders, watering plants, litter picking and sweeping paths.

This is also a busy time in the garden. Follow these tips to spruce up your green space:

- As soon as possible start cutting the grass. Choose a dry day, cut it to 3 inches (8cm) and remove cuttings. The same day, or soon after, cut it again to half its height
- Herbaceous perennials should be lifted and divided now, if necessary. Lift crowns and prise apart with forks, taking care not to damage the newly forming buds and shoots
- Now is the time to prune your bush

TOP TIP FOR MARCH



With the prediction of a long hot summer and the possible threat of a hosepipe ban, why not catch the rain by fitting a water butt to your down pipe? They are available in many sizes and are easy to fit, giving your plants extra water to keep them healthy all summer long.

roses. Cut old branches as close to the ground level as possible. Remove thin shoots. Cut the younger growths back to six or eight inches (15 or 20cm) above the outwards pointing bud

- This is the last few weeks to plant hedgerows with nature hedging plants such as hawthorn, hazel and field rose
- There's lots to do in the vegetable garden this time of the year. Sow carrots, sprouts, parsnips, spinach, broad beans, parsley and radish

Where space is limited or you only have a small back yard, you can still create a splash of colour. Now is the time to transfer

plug plants or seedlings into baskets, window boxes or planters. You can even make your own temporary pots from newspapers, which biodegrade quickly and easily and minimise root disturbance. See our step-by-step guide for details.

You can buy a growbag for around £2 and seeds from 50p to £3. Growbags are ideal for plants that do not have deep roots, like tomatoes, cucumbers, sweet peppers, chilli peppers, aubergines and courgettes. Shape the bag into a low hummock (like an inverted hammock) and make sure compost is evenly spread. The top of each root ball should be just below the top of the bag.



Give your seeds a good start

Use toilet or kitchen roll tubes as temporary pots for your seeds. Fill the rolls with compost and add your seed of choice, vegetable or flower. Because the cardboard is biodegradable you can plant your pots directly into the soil once your seedlings appear.



NEWHAM WELCOMES THE OLYMPIC FLAME

On the streets of Stratford, Sunday 6 April, 12noon onwards **FREE**

PROGRAMME

On Sunday 6 April Newham will welcome the Torch Relay as part of the run up to the Beijing 2008 Olympic Games.

The flame will be lit in Olympia, Greece on 24 March and will visit 22 international cities, including London, and all five continents.

The Newham leg starts at Meridian Square, Stratford, where seven torch bearers will take turns to carry the flame around the one-way system. From Stratford Station, it will be taken to the Greenwich Dome for a spectacular finale, including the lighting of a cauldron.



020 8430 2000

www.newham.com

Welcome from the Mayor of Newham, Sir Robin Wales

It is a great honour to welcome the Beijing 2008 Olympic Torch Relay to Newham. The Olympic flame is a symbol of unity and co-operation across the world, so where better for the flame to shine than the country's most culturally diverse borough.

To celebrate this unique event there'll be loads of exciting free activities on the

streets of Stratford including spectacular aerial performances, music, dance and a chance to sign up to activities in your borough.

This is an historic occasion in an important year – in August Beijing hands over the Olympic reins to London – so come along and be a part of it.



Stratford

Key

- Torch Relay route
- Carnival route
- i** Information point
- +** First Aid point



Public toilets available in Stratford Shopping Centre, Old Town Hall and Stratford Library.

Programme listings

(Times may be subject to change so arrive early to avoid disappointment)

1 Torch Relay arrives in Meridian Square

Colegrave Primary School Samba Band will herald the arrival of the Olympic flame. Come along and watch seven torch bearers carry the Olympic flame around Stratford's one-way system. The Olympic flame is expected to arrive from 4-4.20pm.

2 10am-6pm Sports Demos Meridian Square

Loads of fun sporting demos including basketball, handball, fencing and cheerleading. Have a go at cycling, canoeing and rowing, and don't miss the 40m running track in the Stratford Shopping Centre.



3 10am-6pm Tate Arts Trolley Inside Stratford Shopping Centre The Broadway

Visit Tate Britain's Art Trolley and take part in craft activities inspired by athletic and dancing figures featured in the world famous Tate Collection.

4 10am-6pm Get Set London Roadshow Inside Stratford Shopping Centre

Run jointly by the London Development Agency and London 2012, the Get Set London Roadshow brings to life some of London's ambitions for the London 2012 Olympic Games and Paralympic Games. A chance for local people to find out how the Games will benefit jobs and skills, culture, sports, business and regeneration.

5 10am-6pm Future Stratford Exhibition Council Chamber, Old Town Hall Stratford 29 The Broadway

An exhibition showcasing the changing face of Stratford, with London Thames Gateway, Stratford Renaissance Partnership, Westfield – Stratford City developers and UEL.

6 10am-6pm Sign Up and Get Involved! Outdoor market

Want to join a cricket club in the borough? Find out how to improve your community? Or even be a local tourist in Newham? Join up to lots of fun and rewarding activities here. Plus info on how Workplace can help you get into work and Newham's Volunteer programme.

7 10am-6pm Newham Council Recycling Bus Morrison's car park

Want to find out how you can do your bit for the planet through recycling? Pick up lots of information here!

8 10am-5pm Discover 1 Bridge Terrace

Opening for free activities. Let your imagination fly in this magical world for children aged 0 to nine. Light up your world by making a beautiful lantern and listen to magical and fantastical stories from expert storytellers. There's also a new exhibition celebrating stories from East London communities including Bengali, Polish Roma, African, English and Tamil. Watch out for chairs that tell stories, magic furniture and hidden worlds!



9 1-5pm Stratford Library 3 The Grove

Fun for younger ones including face painting, a balloon artist and Chinese performer.

10 2-5pm Tea Dance Main Hall, Old Town Hall, Stratford

Come dancing to music from the Royal Philharmonic Orchestra's string quartet and tea dance DJ, Barry Perry.



11 3-6pm Live Music at the Theatre Royal Gerry Raffles Square

Relax in the Theatre Royal bar before and after the Torch Relay visits Theatre Square and listen to some of the best musicians around.

12 4-6pm Carnival/Street Performers Starting at Theatre Square and then following the Torch Relay route

A world-themed carnival following the progress of the torch through Newham with 300 school children, 50 spectacular carnival costumes and six music floats. Watch aerial performers glide and tumble down the side of buildings.



Programme (cont.)

13 Newham Young People's Chorus and NewVIC Recycled Orchestra Stratford Station

If you're passing through the station you may be lucky enough to see Newham Young People's Chorus involving 150 children from local primary and secondary schools.

The NewVIC Recycled Orchestra is a collective, playing instruments made from recycled items.

**14 Between 4 and 5pm
Roof Top Dance Performance
Stratford Library**

A spectacular fire-themed dance performance from East London Dance. Plus don't miss a breathtaking aerial performance as dancers gracefully twist and curl above your heads on silk fabric and glide down the sides of the library. A truly magical experience!



**15 6-9pm Chinese Cultural Event
Old Town Hall,
Stratford**



Watch a lion dance, martial art demos at this cultural celebration.

**16 2pm, 5pm and 7pm Big Up Your Arts! Theatre Festival
Stratford Circus, Theatre Square**

**Tickets: £4/£3 matinees and £6/£5 evening.
Tickets must be booked in advance through the Box Office on 020 8279 1015 or at www.stratford-circus.com**

Celebrate east London's next generation of amazing talent showcasing a selection of comedy, drama and film.



Olympic facts...

After travelling throughout the mainland of China the torch will be taken to the highest peak in the world – Mount Everest. The Olympic flame will finally arrive at the Opening Ceremony of the Beijing 2008 Olympic Games and light the main cauldron on 8 August 2008.

The Torch Relay is expected to last 130 days and cover a distance of 137,000 kilometres, the longest in history, passing through five continents and visiting some of the principal points of the ancient Silk Road.

Featuring the theme "Journey of Harmony", the Torch Relay is centred around the Silk Road, which connected the East and West for the first time in history.

The torch is 72 centimetres high, weighs 985 grams, is made of aluminium and has been produced to withstand winds of up to 65 kilometres per hour.

Getting there

Tube: Jubilee and Central Lines / DLR

Buses: 25, 69, 86, 104, 108, 158, 238, 241, 257, 262, 276, 308, 473, D8, S2



NEWHAM GAINS FAIRTRADE STATUS

It's official – this is a Fairtrade borough!

The announcement was made by Councillor Neil Wilson, executive member for equalities and social inclusion, at A Taste of Fairtrade, an event held at THE hub in Canning Town which was part of a series of events to celebrate Fairtrade Fortnight.

To gain Fairtrade Borough status the council passed a resolution at its September meeting supporting Fairtrade, which included a commitment to serve Fairtrade coffee and tea at meetings and in offices. The council, assisted by the Fairtrade steering group, have

been striving to ensure Fairtrade products are now readily available in shops, cafés, catering establishments, some workplaces, educational establishments, faith and community organisations.

Councillor Neil Wilson said: "Attaining this award has required an enormous effort by the volunteers who make up the Newham Fairtrade Network. They have worked with businesses, faith groups and other organisations to inform them of the benefits of using Fairtrade products and, of course, the bigger picture of what Fairtrade really means."

The status follows the news that Silvertown-based sugar firm Tate & Lyle is to be Fairtrade accredited. This means Tate & Lyle products will carry the Fairtrade mark, which is an independent label that appears on products as a guarantee that producers in the developing world are getting a good deal.

Hannah Reed, Fairtrade Towns Co-ordinator



at the Fairtrade Foundation, said: "As a community, Newham residents have joined forces to help raise awareness of the urgent need for better terms of trade for producers, workers and their families in the developing world. With two billion working people around the world earning less than \$2 per day, now is the time to support Fairtrade."



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BE THE BEST
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Nature Trail Blazers
at Bow Creek Ecology Park

5th April 2008
10.00 - 15.00

FREE FUN DAY

Come along and join us on this interactive family fun day!

There'll be self guided trails around Bow Creek and East India Dock Basin, including a treasure hunt with goody bags, pond dipping, sweep netting and badge making.

Bow Creek Ecology Park is located at Wharfside Road, Canning Town, London E14

For more information or to book a place call 020 8988 7566 or visit www.leevalleypark.org.uk

Lee Valley Park
open spaces and sporting places

Money Matters



We are pleased to introduce an excerpt from the council's Statement of Accounts for the year ending 31st March 2007.

We asked for your opinion on how we could improve the way we explain how the council spends money on services for the community. Your comments have contributed to this summary.

What we spent on your services:

	2005/06 £ millions	2006/07 £ millions
Social Care	105.4	122.2
Culture, Environment & Planning	49.0	54.1
Education	243.6	40.6
Highways, Roads & Transport	13.4	13.8
Corporate & Democratic costs	9.3	10.9
Other costs	13.8	7.1
Housing	(0.4)	2.3
Total Spend	434.1	251.0
Contribution to/(from) reserves	7.0	(1.8)
Total Funding	441.1	249.2

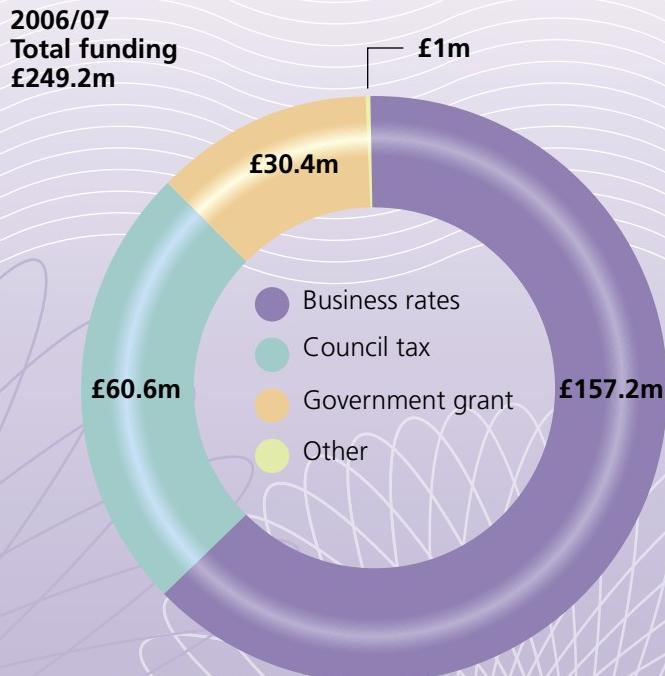
The assets owned and amounts owed by the council are recorded on the balance sheet.

	31 March 2006 £ millions	31 March 2007 £ millions
Buildings, land, equipment and other long-term assets	1,928.0	2,048.1
Cash, investments, prepayments, stocks & short-term assets	236.9	244.3
Temporary borrowing, debts, & short-term liabilities	(173.8)	(258.8)
Long term borrowing	(588.3)	(547.2)
Pension liability	(429.7)	(323.3)
Other liabilities	(228.4)	(261.4)
Assets less liabilities	744.7	901.7
Financed by:		
Usable reserves	66.2	44.1
Non-usable reserves	678.5	857.6
Total reserves	744.7	901.7

Money spent by the council for the long-term benefit of the community is called capital expenditure.

	31 March 2006 £ millions	31 March 2007 £ millions
Housing	38.2	54.2
Corporate	5.4	19.1
Education schemes (incl. schools)	19.6	15.6
Environmental	12.1	9.3
Regeneration projects	13.7	2.4
Social care	2.2	2.2
Culture & community (incl. leisure)	0.9	0.7
Total	92.1	103.5

How we pay for your services:



The council provides social housing for the community and this is recorded in the housing revenue account.

	2005/06 £ millions	2006/07 £ millions
Repairs & maintenance on properties	16.8	15.4
Other expenditure	73.7	75.3
Total expenditure	90.5	90.7
Total income (including rent income)	(102.5)	(103.8)
Technical adjustments	14.6	16.0
Deficit for the year	2.6	2.9
Reserves at 31st March year end	8.9	6.0

Number of properties owned by the Council:	31 March 2006	31 March 2007
Houses and bungalows	4,831	4,775
Flats and shared dwellings	15,119	13,878

If you are interested in finding out more about the Council's finances, please look at the website www.newham.gov.uk/council&democracy/council-finances.

If you have any questions or comments on this document please email chief.accountant@newham.gov.uk or write to the Chief Accountant, Room 46, Old Technical College, 328 Barking Road, East Ham, London, E6 2RP.

WE CAN HELP WITH FREE HEATING AND INSULATION*

If you receive benefits
OR are over 70



To find out more and to book your free assessment call
0800 587 2251

You can also book your free assessment online at www.londonwarmzones.co.uk



East London Warm Zone is a not for profit organisation working in partnership with Newham Council. We make it easy for you to make energy efficiency home improvements to help you save money on your fuel bills.

If you receive certain benefits OR are over 70, and either own your own home or rent privately - we may be able to arrange up to 100% grants for new central heating systems and boiler repairs, and also insulation work free of charge.*

All homeowners regardless of income are also eligible for up to 75% discount on insulation for lofts and cavity walls.*

*Subject to funding and eligibility criteria.



SHOW HOME OPEN DAY

Saturday 5th April, 11am-3pm

New homes available for sale from as little as

£76,215*

including allocated parking space,
through the part buy, part rent scheme



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Dominion Housing Group's exciting new development of ten 2-bedroom and six 3-bedroom apartments in Newham

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Call **0800 783 2159**

Email sales@dominionhg.co.uk

For more information please visit our website:

www.dominionhg.co.uk/sales

* Based on a 35% share of a 2 bedroom apartment valued at £217,500. A subsidised rent is payable on the remaining share. A service charge will also apply. Details correct at time of going to print March 2008. Dominion Housing Group Ltd. Registered in England No. 05045031. Registered Charity No. 1116528. Housing Corporation No. L4429. Registered Office: Capital House, 25 Chapel Street, London NW1 5WX.

dominion
Housing Group

NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE BROWN ON 07890 529 090

The Newham Community and Police Forum is hosting



A Day for Older People

At Newham Town Hall,
Barking Road,
East Ham E6 2RP

On 27th March
at 10am for
10.30am start

The event aims to address the safety concerns of older people. Local police officers will be on hand to give advice. Topics include safety on public transport, current crime trends and Safer Neighbourhood Teams. This is your opportunity to raise any concerns in relation to your personal safety and the prevention of crime.

Refreshments including tea, coffee and lunch will be served.
Free event

Places are limited. To register, please phone 020 8430 2949 or email samuel.gumble@newham.gov.uk

This event is organised by the Newham Community and Police Forum. Funded by the MPA.



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Bonny Downs Community Association
Children & Families Project Co-ordinator
Full time (job share applications welcome)

Salary range £27,500 – £29,500

A committed and talented individual is sought to coordinate this developing project within BDCA. As well as co-ordinating a range of current services, the post holder will need to develop a range of new services to support children, young people, parents/carers and families living in the East Ham South area. Priorities will include family support services and supporting hard to reach families. For an informal discussion contact Peter Laing on 02085867117. For an application pack contact: The Well, 49 Vicarage Lane E6 6DQ. Tel: 020 8586 7070. Email: well.centre@bonnydowns.org Closing date 14/4/08, interviews w/c 21/4/08

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59-61 High Street,
entrance on Richmond Street
WEDNESDAY'S 5:00 PM & 7:00 PM
Paula Tel: 01621 843335

PLAISTOW MORNING

The Black Lion
59-61 High Street,
entrance on Richmond Street
WEDNESDAY'S 9:00 AM
Paula Tel: 01621 843335

BECKTON

East London Gymnastics Club
Frobisher Road (Back of Asda)
TUESDAY'S 7:00 PM
Toni Tel: 0207 473 6089

EAST HAM

St Bartholomews Church Centre
292b Barking Road
TUESDAY'S 6:00 PM & 7:30PM
Paula Tel: 01621 843335

LEYTONSTONE

Methodist Church Hall
Cann Hall Road
WEDNESDAY'S 5:30 PM & 7:00 PM
Debbie Tel 0208 558 6671

UPTON PARK

New Martin Hall
25 Clapham Road (off Boundary Road)
WEDNESDAY'S 7:00 PM
GILL Tel: 0207 502 2306

CANARY WHARF

The Idea Store
Churchill Place, Docklands
TUESDAY'S 12:00 PM & 5:30 PM
Lesley Tel: 07771 655575



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Saturday School at Rokeby for year 5 and year 6 students

Classes start at 9:30am until 12:30pm. Come along to the above address, or contact Julie on **020 8534 8946** for further information.

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NUMERACY
COOKING
ICT
SCIENCE

ALL CLASSES ARE FREE



PARKING LEGISLATION IS CHANGING...

Traffic Management Act 2004

How will this affect you?

New parking legislation is coming into force on 31 March 2008. Old legislation will be replaced by the Traffic Management Act 2004. From this date all penalty charge notices (PCNs) issued for parking contraventions will be issued in accordance with the new legislation. The new legislation does not affect bus lane or moving traffic contraventions.

Objectives of the new legislation include:

- To promote consistent and transparent parking enforcement.
- To continue to achieve fair and accurate parking enforcement that the public understands and accepts.
- 100 per cent compliance with parking restrictions.
- To improve road safety.
- To improve quality and accessibility of public transport.
- To meet the needs of people with disabilities who depend entirely on the use of their car.
- To improve the local environment.

This means that there will be some changes to parking enforcement which may affect you as a driver.

FOR FURTHER INFORMATION

Pick up a leaflet from the Parking Shop, 16-18 Pilgrims Way, East Ham E6 1HW or

VISIT www.newham.gov.uk/parking

CALL 020 8430 5432 (Monday to Friday, 9am-5pm)

WRITE Newham Council, Parking and Traffic Enforcement, PO Box 35361, East Ham E6 6XH

EMAIL parking.enquiries@newham.gov.uk

NEWHAM » IN FOCUS



Citizen 2012 project celebrates diversity

The BUYA! two-day spring festival, run by the council and Theatre Venture, a theatre company that specialises in engaging diverse communities, at Stratford Circus is hosting three comedy shows in one on 5 and 6 April at 5pm, as part of the ongoing Citizen 2012 project. Newham has over a hundred different ethnic groups speaking over a hundred languages and all of these groups have stories that celebrate their cultures. This year, three groups have each chosen a story unique to their culture that has been turned into a 15-20 minute show. Each year, a story will be added until, in 2012, there are seven. This year's stories include an Albanian boy risking his life to be cool and a guide to the East End. To book tickets call 020 8279 1015.

Theatre Venture has been working in partnership with Newham schools on Olympic-themed project Citizen 2012. The Citizen 2012 website, www.citizens2012.co.uk, was launched at Stratford Circus, where a series of short films written, filmed and acted by the schoolchildren about citizenship and their futures were also shown to invited VIP guests. For more information on the Citizen 2012 project, call James Hurst on 020 8519 6678.

Working together for young people



The council held a seminar at West Ham United FC, **UPTON PARK**, for teachers and pupils from local schools to talk about ways to get young people interested and involved in the 2012 Games, using schools, council support and parental and community involvement. Tessa Sanderson MBE launched the day, which was attended by representatives from 50 local institutions. Brendan Loughran, head of Life Long Learning and Economic Wellbeing, welcomed the timing of the initiative: "We must start programmes now if we are to engage young people in what could be a life changing experience."

GARDENER WANTED

St John's Community Centre in **NORTH WOOLWICH** is looking for a volunteer gardener for a community gardening project, to start as soon as possible.

St John's Centre has opened its garden to parents, children and the local community. They now need a gardener to advise parents and children on all aspects of gardening. The garden will provide a safe space for families as well as health and wellbeing benefits, and will also be a great way for parents to meet each other.

For more information, please contact Robbie Muriel on 020 7476 9922 or the centre manager on 020 7476 1666. If you have your own garden, turn to page 18 for our brand new gardeners' feature!

Discover spring



Discover, the children's story centre in **STRATFORD**, has some special events coming up this spring. On Monday 24 March at 11.30am and 2.30pm there will be an Easter parade; children create their own hats, bonnets and headpieces and then model them for an audience.

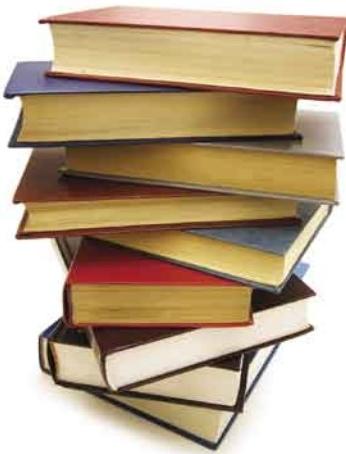
The Arts Snug at Discover, a place where you can make and take away your own special masterpiece is also open during the weekends and the holidays.

From 29 March, come and visit the City of Stories. Travel through awe-inspiring exhibits and listen to London's east-enders tell stories from all over the world. Suitable for children aged 5 to 11 and their families. Tickets are £4 adults/children (under 2s go free); £14 family. Concessions are available. Phone for more information on all of the Discover events on 020 8536 5555.

NEWHAM BOOKSHOP TURNS 30

Pay Newham Bookshop a visit this April and help to celebrate this local independent seller's 30th birthday. The **UPTON PARK** shop has been fulfilling the local community's literary needs for three decades; if you haven't stopped by, now is

the time. As well as fiction, non-fiction, academic and children's books, you can pick up tickets to see some acclaimed writers at Stratford Circus in April: join celebrated journalist Robert Fisk to discuss his selected writings, *The Age of the Warrior*, on Tuesday 1 April and come and listen to Dave Gorman give a talk on *America Unchained*, a book on the ultimate US road trip, on Wednesday 2 April. Call the bookshop on 020 8552 9993 for more information.



Just the job in childcare

Are you looking for the ideal job or training in childcare? Whatever your level of expertise, the eighth childcare jobs and training fair on Thursday 27 March from 9.30am to 4.30pm at **STRATFORD** Old Town Hall is just for you.

Children's author Helen Cooper will join Councillor Quentin Peppiatt to launch the day and will run a workshop on illustrating children's books; just one of 15 workshops on the day. You can talk to people in the profession, local training providers, Extended Services (childcare experts) and many more. You can also get up-to-date information on benefits and tax. A crèche will be provided. For more details, ring the Children's Information Service on 0800 074 1017.



Helen Cooper
children's author

A VOICE FOR STROKE VICTIMS

Councillor Abdul Shakoor



If you or someone you love has had a stroke or mini-stroke, Councillor Abdul Shakoor – himself a stroke survivor – will be pleased to welcome you at the first regular monthly meeting of Newham Stroke Club on Wednesday 26 March, from 1 to 4.30pm at Katherine Road Community Centre, 254 Katherine Road, **FOREST GATE**.

In addition to advice from the Newham Stroke Service, there will be an exercise session led by a senior physiotherapist and a free healthy lunch. All those affected are welcome, no matter when the stroke happened.

Meetings will be held on the last Wednesday of the month until further notice. Contact Aysha Begum at Katherine Road Centre on 020 8548 9825 for more information.



A world of flavours

Healthy Eating Champions, a scheme run by Newham Food Access Partnership, ran a deliciously different event at the Lister Community School Sports Hall in **PLAISTOW**: a world food festival offering flavours from Asia, Africa, Britain, the Caribbean and the Mediterranean as well as healthy eating advice. Community lead councillor for Plaistow, Zulfiqar Ali, said: "This is a great way to celebrate the foods of the many different groups in our community, while at the same time promoting health and wellbeing."



Forest Gate leaps into dance

Leap the Gate, the finale in a series of local community forum dance events hosted by East London Dance, saw a huge crowd of 130 people moving their feet and everything else on leap day. Among the participants at the **FOREST GATE** community forum event were 90 children from Earlham Grove, St James and Godwin primary schools and 40 older people from local clubs and dance group Leap of Faith; the age range almost spanned a century, with ages seven to 94 represented! Forest Gate community lead councillor, Kay Scoresby, was joined at the event by councillors Michael Nicholas, Akbar Chaudhury, Judith Garfield and Winston Vaughan. Councillor Scoresby said: "This day of inter-generational dance was a wonderful success, bringing people of all ages and cultures together to try something new in a fun, relaxed environment." After learning some new moves, the dancers took to the stage to perform. Leap of Faith dancer Annette O'Donnell, 67, said: "It was a fantastic event – there was such a lovely atmosphere and the children were so well behaved. I'd love to do it all again."

Primary School awarded for high standards in teaching and learning



Head teacher, Mrs Rosie Cowan (left) being presented with the Quality Mark certificate by Councillor Pat Sheekey (right)

their lives. The award follows on the back of a highly successful Ofsted inspection which graded the school as good with outstanding features in care and personal development.

Councillor Pat Sheekey presented Essex Primary School, **MANOR PARK**, with the Basic Skills Agency's Quality Mark, showing that the school has reached a high standard of teaching and learning in Literacy and Numeracy, arming their pupils with the basic skills that they will need throughout

GREEN STREET MUSICAL BRINGS THE ROOF DOWN

More than 65 local performers put on their dancing shoes for the Green Street Musical – an all-singing, all-dancing extravaganza at Shaftesbury Primary school that was so popular that it sold out three days in advance of opening! The home-grown musical, organised by the Green Street community forum, celebrated the memories, secrets and magical stories of the area. Tracing key moments from 1908 to 2000, it covered the two World Wars, 1948 London Olympics, 1966 World Cup win and the arrival of different groups of people. Community lead councillor for Green Street Sharaf Mahmood said: "It's been an amazing project to be involved in. Throughout the process participants have helped to boost civic pride by educating themselves and others about the area. Most of the performers have never done anything like this before, but they're really very talented."



Stephen Timms MP meets Tube apprentices



Tube Lines, an apprenticeship programme set up in **STRATFORD** to encourage fresh engineering talent into London Underground, introduced some of its apprentices to Stephen Timms, MP for East Ham and Minister for Employment and Welfare Reform, at the House of Commons. Newham resident and apprentice Mubarak Umerji, fourth from left, said: "Meeting Mr Timms was a good opportunity to talk about Newham and its future. We were also shown around the House of Parliament which was something you don't get to do everyday." Stephen Timms was just as glad to meet the young people, saying: "Today's apprentices are some of the future leaders of business in London, and it is really important to listen to their views about our city and our economy. It is great to see such a thriving apprenticeship scheme running in the heart of Newham."

1,800 celebrate International Women's Day



Evelyn having her blood pressure taken

East Ham community forum's celebration of International Women's Day went down a storm as approximately 1,800 people crowded into the Old Town Hall, **STRATFORD**. Visitors took full advantage of the free health and wellbeing offers, including fresh fruit smoothies and various types of massage, making the event a huge success! Lucky Sabran Bibi won a luxury massage from the healing tent. Sudha Law from the Newham Centre for Mental Health said: "It was lovely to be part of the event and the place was packed- there were people still coming in as we left!" Community Lead councillor for East Ham Lakmini Shah was also thrilled by the success of the day, saying: "The 100th International Women's Day was celebrated in

Newham to recognize the positive contributions our women make to the society, regardless of their ethnic background, religion, culture, economic status or political beliefs. I am glad that the event was borough wide and so well-attended. I hope to see even more women at next year's event!"



Sabran Bibi (1st prize) with Councillor Shah

CALLING all COLLECTORS

Artist Alan Kane is searching for people to contribute to a significant art project, commissioned by *Art on the Underground*, London Underground's art programme. The project is based at Stratford station and explores the changing site of the 2012 Olympic and Paralympic Games.

Alan is looking for collectors who use Stratford station; all collections are considered from photographs,

coins or stamps to more unusual objects. Working with collectors Alan will create a series of exhibitions at Stratford station later this year. Collections will also be featured in a publication and on the *Art on the Underground* website.

People interested in taking part should contact *Art on the Underground* on 020 7027 8694 or email plat4art@tube.tfl.gov.uk

Kids' corner

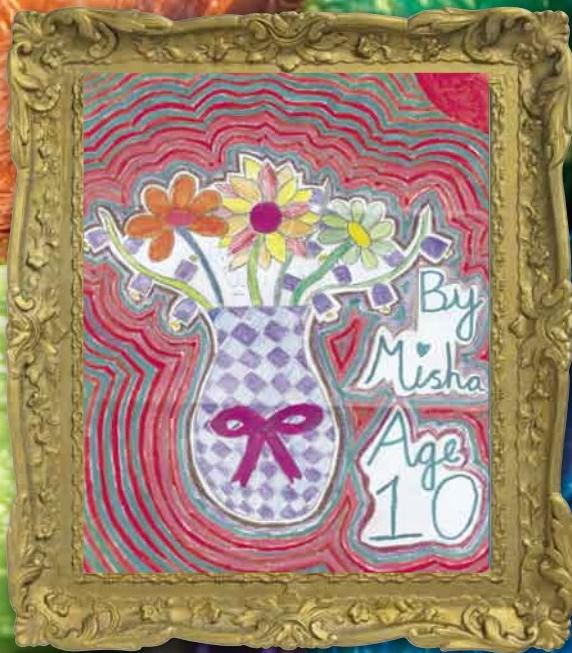


PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, NEWHAM TOWN HALL,
EAST HAM E6 2RP

Gallery



Angjan-Sivasothinathan, 8



Misha Khetani, 10



Samirah Hussain, 8



Abubokor Osmani, 6

Jokes

Do you wan't to hear a joke about butter?
Too bad, you'll spread it.

Why do penguins keep their fish in their beak?
Because they don't have any pockets.

Where do cows go on Saturday night?
The moovies.

by Sifth Ali, 9

Poem

**My teacher
by Ishaq Ahmed, 6**

My teacher's name is Ben.
He has fingers ten.
He writes with a pen.
His pet is a big fat hen.

How observant are you?
Look closely at the picture on the left, then study the picture on the right to find ten differences.

Spot the difference



Solution

1. The bunny's left arm is now thicker.
2. There is now an extra daffodil on the right.
3. The top-right bush has been trimmed.
4. The bunny's tongue now has a double line.
5. The bunny's left ear is longer.
6. The egg with stars has lost a star.
7. Another bunny is peeking over a bush.
8. The bottom-left daffodil has an extra petal.
9. The bunny now has a yellow nose.
10. The top of the furthest left egg is now blue.

From 7 April the Government will introduce changes to the way Housing Benefit is paid to private tenants making a new claim or changing addresses.

Housing Benefit will now be worked out using Local Housing Allowance (LHA) rates and not the rent charged by your landlord. The LHA is based on the number of bedrooms allowed for a tenant and their household.

The LHA rates will be determined by the Rent Service, a Government department that decides the maximum amount of rent payable for a property when tenants are claiming Housing Benefit, and sent to the council each month. The rates will be published in the Newham Mag, advertised in Local Service Centres and available on the Council Tax and Housing Benefit pages on the Newham Council website.

If you move into a property with a rent below your allowance, you will be able to keep the difference between your rent and the Housing Benefit you are entitled to – up to a maximum of £15 per week. This will not affect any other social security benefits you may be receiving and there are no changes to how much you are entitled to.

The LHA rate will depend on the number of bedrooms allowed for you and your household. One bedroom is allowed for each of the following:

- > a couple
- > a single adult or young person (over 16)
- > two children of the same sex aged 10 to 15
- > two children under the age of 10
- > any other child

If you are a private tenant you will receive your Housing Benefit in your bank or

building society account or by bank cheque; Housing Benefit can not be paid into a post office account. If you need help opening a bank account talk to the Council Tax and Housing Benefits service, who can book an appointment for you to see an advisor from the Services Against Financial Exclusion (SAFE) support service. If you are unable to cope with the responsibility of paying your rent it may be possible for the Council Tax and Benefits Service to pay your landlord directly.

Tenants who live in council accommodation or other social housing will not be affected by the LHA. If you are affected by the changes you should have received a letter, but further information about the LHA can be obtained by speaking to a benefits officer at your local service centre, ringing the Council Tax and Benefit Service on 020 8430 2000 or visiting www.newham.gov.uk

Changes to Housing Benefit will you be affected?

WHAT'S ON?



22 MARCH – 5 APRIL

ALL LIBRARY LISTINGS

LIBRARY ADDRESSES

Beckton Globe 1 Kingsford Way, E6 5JQ. 020 8430 4063
Canning Town Barking Road, E16 4HQ. 020 7476 2696

Custom House Prince Regent Lane, E16 3JJ. 020 7476 1565
East Ham High Street South, E6 6EL. 020 8430 3647

The Gate 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838
Green Street 337-341 Green Street, E13 9AR. 020 8472 4101

Manor Park Romford Road, E12 5JY. 020 8430 2207
North Woolwich 5 Pier Parade, E16 2LJ. 020 8430 5900

Plaistow North Street, E13 9HL. 020 8472 0420
Stratford 3 The Grove, E15 1EL. 020 8430 6890 Archives and Local Studies: 020 8430 6881

UNDER 5s GROUPS

Storytelling – Stories, rhymes and crafts for children under five with their parents and carers.

Beckton Globe Every Friday 10-11am

Canning Town Monday 31 March, 10.30am to 11.30am

Custom House Every Tuesday from 10.15-11.15am

East Ham Every Wednesday 2-3pm

The Gate Every Friday 11am-12noon

Green Street Every Thursday 10.30-11.30am

Manor Park Every Thursday 10.30-11.30am

North Woolwich Every Thursday 2-3pm

Plaistow Every Tuesday 11am-12noon

Stratford Every Tuesday 11am-12noon and every Friday 2-3pm

Evening Storytelling – Open to children under five with their parents and carers.

Stratford Thursday 27 March 6-7pm

Little Readers – Open to children under five with their parents and carers.

Stratford Every Wednesday 1.30-2.30pm

Crafts Club – Open to children under five with their parents and carers.

Manor Park Every Tuesday 10.30-11.30am

Crafts & Computer Club – Open to children under five with their parents and carers.

Stratford Monday 31 March 10.30-11.30am

Toy Library – Open to children under five with their parents and carers.

Beckton Globe Monday 31

March 10am-12noon and every Thursday 1-3pm

East Ham Every Tuesday 10am-12noon and every Thursday 10am-12noon

Messy Play – Open to children under five with their parents and carers.

Beckton Globe Tuesdays during school term 1.30-2.30pm

Imaginative Play – Open to children under five with their parents and carers.

East Ham Every Friday 10.30-11.30am

ADULT READING

Adult Reading Group – Explore the pleasure of reading in a friendly environment.

The Gate Tuesday 1 April 6.30-7.30pm

Plaistow Thursday 3 April 6.45-7.45pm

Over 50s Reading Group – Explore the pleasure of reading in a friendly environment.

Beckton Tuesday 1 April 9.45-11.45am

OTHER GROUPS

Over 50s Club – Enjoy a range of activities for the over 50s.

Beckton Globe Every Tuesday 9.45-11.45am

Writer's Group – Discuss your work with other authors.

The Gate Tuesday 25 March 5.30-7.45pm

YOUNG PEOPLE

Homework Club – Homework support and advice for young people aged seven to 14. School term only.

Beckton Globe Every Tuesday 4-6pm

Canning Town Every Saturday 10am-12noon

Custom House Every Saturday 10am-12noon

East Ham Monday 31 March, 4pm to 6pm

The Gate Every Thursday 4-6pm

Green Street Every Tuesday 4-6pm

Manor Park Every Saturday 10am-12noon

North Woolwich Every Thursday 3.30-5.30pm

Plaistow Every Thursday 4-6pm

Stratford Monday 31 March 4-6pm

Children's Games Club – Board games and activities for children aged five to 12.

Canning Town Thursday 27 March 4-6pm

Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged eight to 13.

Custom House Every Tuesday 3.30-5.30pm

East Ham Every Tuesday 3.30-5.30pm





Manor Park Every Thursday 4-6pm

Teenage Games Club – PS2 and Xbox games, music, board games and many more activities for young people aged 12 to 16.

Beckton Globe Every Monday and Wednesday 3-5pm

Children's Reading Group – Explore the pleasure of reading in a family-friendly environment.

Canning Town Thursday 3 April 4.30-5.30pm

Teen Xtra Evenings – Free activities for young people aged 12 to 21.

The Gate Every Friday 6-8pm

ESTATE BASED SPORTS

Sessions are open to 12-18 year-olds unless otherwise stated and are for all abilities. Sessions are FREE. For more information call 020 8430 2484 or visit www.newham.com/2012Games

Athletics

Every Friday
4.30-6pm, eight-19 years
Drapers Field

Basketball

For ages eight-19 unless otherwise stated.

Leyton Orient Community Sports Programme (LOCSP)
Every Monday
4.30-6.30pm
Winsor Park

Every Monday 7-9pm

Froud Community Centre

Every Tuesday

5-7pm

Royal Victoria Gardens

Every Tuesday

7.30-9pm

Plaistow Park

Every Wednesday

5-7pm

Memorial Park

Every Wednesday

5-6.30pm

New Beckton Park

Every Thursday

4.30-6.30pm

Priory Park

Every Thursday

5.30-7.30pm

Barking Road Rec

Every Friday

5-6.45pm

Forest Gate Youth Centre

Every Friday

5-7pm

Lister Gardens Park

Newham All Stars Sports Academy (NASSA)

Term time only. For more information please contact Natasha Hart on 020 8519 3961.

Every Tuesday

4.30-6pm, girls 11-16 years

Sarah Bonnell School

Every Thursday

6-8pm, 12-16 years

Cumberland Sports College

Every Friday

4.15-5.30pm, eight-11 years

5.30-7.30pm, 12-16 years

Cumberland Sports College

Every Saturday

11am-1pm, eight-11 years

Sarah Bonnell School

Youngbloods

Basketball Club

For more information please contact Caroline Charles 07958 307657 or Steven on 07940 111175.

Every Tuesday

6-8pm, under-15s and under-14s

East Ham Leisure Centre

Every Tuesday

8-10pm, under-18 and under-16 boys

East Ham Leisure Centre

Every Tuesday

5.30-7.30pm, under-16s and under-15s

Newham Leisure Centre

Every Thursday

6-8pm, under-15 boys national league

Newham Leisure Centre

Every Saturday

1-3pm, under-13s and minis East Ham Leisure Centre

Drapers Field

Football

Every Monday

6-8pm

Plaistow Park

Every Tuesday

5.30-7.30pm

Little Ilford Ball Cage

Every Tuesday

5-7pm

Stratford Park

Every Tuesday

5-7pm

Phoenix Cage

Every Wednesday

4.30-6.30pm

Royal Victoria Gardens

Every Wednesday

5-7pm, eight-to-19 years

Stratford Park

Every Wednesday

7.30-9.30pm, 16+ years (£2 charge)

Score Complex

Every Thursday

5-7pm

Scud Park Ball Cage

Every Thursday

6-8pm

Forest Gate Youth Centre

Every Friday

4-5.30pm (term time only)

St John's Community Centre

Every Friday

6-8pm

Priory Park Ball Cage

Every Saturday

10-11.30am

six-to-12 years

(£3 charge)





Drapers Field
Every Saturday
2-4pm, six-to-14 years (£3 charge) Score Complex

Ascension Football Academy

For more information please contact Louise on 07841 749292.
Every Saturday
School years R-3:
9.30-10.30am
School years 4-7:
10.45-11.45 am
School years 8-11:
12noon-1.30pm
£2.50 per child per session
King George V Park

Estates Football and Basketball League

Every Monday
6-8pm, under-14s and under-17s Score Complex Hard Court
Every Tuesday
5.30-7pm, under-12s and under-14s Drapers Field
Every Friday
6-8pm, under-14s and under-17s Leyton Manor Park

Football and Basketball

Every Monday
4.30-6.30pm Winsor Park
Every Wednesday 5-7pm New Beckton Park Ball Cage
Every Wednesday

4.30-6.30pm Ford Park
Every Wednesday
6-8pm Plashet Park
Every Thursday
4.30-6.30pm Priory Park Ball Cage
Every Thursday
5.30-7.30pm Barking Road Rec
Every Friday
5-7pm Lister Gardens Park
Every Friday
5-7pm Canning Town MUGA

Multi-Sports

Every Monday
5-7pm, eight-to-19 years Langthorne Park
Every Monday
5-7pm, eight-to-19 years Alma Street MUGA
Every Tuesday
4-5pm Carpenters and Docklands Centre (term time only)
Every Tuesday
5-7pm, eight-to-19 years Stratford Park
Every Wednesday
4-5pm Carpenters and Docklands Centre (term time only)
Every Wednesday
5-7pm, eight-to-19 years The CAGE (Chatsworth Active Games Enclosure)

Every Wednesday
5-7pm Stratford Park
Every Wednesday
4-6pm, 10-19 years Cann Hall Park
Every Wednesday
5-7pm, eight-to-19 years Major Road Ball Park
Every Thursday
5-7pm, eight-to-19 years The CAGE

Stratford Table Tennis Club

Every Wednesday
6.30-9.30pm Stratford Secondary School

Eastlea Handball Club

Every Thursday 4-5pm
11-18 years Eastlea School
Every Thursday 5-6pm
four-11 years Eastlea School

Stratford Handball Club

Every Monday 3.15-4.15pm
11-18 years Stratford Secondary School
Mondays 4.30-5.30pm
four-11 years Stratford Secondary School

Venue Addresses

Alma Street MUGA
Alma Street, Stratford E15
Barking Road Rec
Burges Road, East Ham E6
The CAGE (Chatsworth Active Games Enclosure) Cruickshank Road, Stratford E15
Cann Hall Park
Off Cann Hall Road, E11
Canning Town MUGA
Corner of Freemasons Road and Sophia Road, E16

Carpenters and Docklands Centre
98 Gibbins Road, Stratford E15 2HU
Cumberland School Sports College
Oban Close, Plaistow E13 8SJ

Drapers Field
Temple Mills Lane, off Leyton High Road, E15

East Ham Leisure Centre
324 Barking Road, East Ham E6 2RT

Ford Park
Canning Town, E16
Forest Gate Youth Centre
Woodgrange Road, E7

Froud Centre
Toronto Avenue,
Manor Park E12 5JF
Langthorne Park
Off Leytonstone High Road, E11

Leyton Manor Park

Off Capworth Street,

Leyton E10

Lister Gardens Park
Corner of Upper Road and Florence Road, Plaistow E13

Little Ilford Ball Cage

Reynolds Avenue,
Manor Park E12

Major Road Ball Cage
Major Road, Stratford E15

Memorial Park
Memorial Avenue,

West Ham E15

New Beckton Park Ball Cage
Savage Gardens, Beckton E6

Newham Leisure Centre

281 Prince Regent Lane,
Plaistow E13 8SD

Phoenix Cage

Milner Road, West Ham E13

Plaistow Park

Balaam Street, Plaistow E13

Plashet Park

Woodhouse Grove,
East Ham E6

Priory Park Ball Cage
William Morley Close,
Upton Park E13

Royal Victoria Gardens

Pier Road,
North Woolwich E16





Sarah Bonnell School
Deanery Road,
Stratford E15 4LP
Score Complex
100 Oliver Road
Leyton E10 5JY
Scud Park Ball Cage
Tant Avenue,
Canning Town E16
Stratford Park
Densham Road,
Stratford E15
St John's Community Centre
Albert Road,
North Woolwich E16
Winsor Park
Warwall,
Beckton E6
020 7474 7244

COMMUNITY FORUMS

Stratford and West Ham Funday

Saturday 29 March,
11am – 3pm
Try a range of Olympic sports
at this free funday.
Old Town Hall Stratford, 29
Broadway, Stratford E15 4BQ

Sports Quiz Night

Saturday 29 March,
6.30-10pm
Test your sporting knowledge
in a free Olympic-inspired quiz.
Old Town Hall Stratford, 29
Broadway, Stratford E15 4BQ

Britannia Village Community Pride Day

Saturday 29 March,
11am-3pm
Spruce up the local area in this
fun, clean-up event
Britannia Village, Royal Docks

OTHER EVENTS

Stratford Circus

Panphobia

Thursday 3 April

Are you scared of the dark?
Spiders? Being alone? Failure?
Universal Citizens will take
you on a terrifying journey
unearthing strange, surprising
and bewildering characters.
Indulge in their idiosyncrasies;
uncover their desires and
fears. But be warned, you may
discover what you are truly
fearful of...

BUYA! Spring Festival

Saturday 5 and Sunday 6 April
Theatre Venture are delighted
to bring together a taste of
some of the amazing work
created by the young and
old of Newham and East
London during this weekend
festival of non-stop shows at
Stratford Circus celebrating the
talent, vibrancy and energy of
Newham's communities.

Box Office and Bookings

Tickets must be booked in
advance. Booking for these
events is through the Stratford
Circus box-office on 020 8279
1015 or through the website at
www.stratford-circus.com.

Stratford Circus

Theatre Square, Stratford, E15

Theatre Royal Stratford East Bar

Free stand-up Comedy Nights

Monday 24 March
FREE

Roddy Fraser and Imran Yusuf
with compere Jim Grant

Free live music and DJ sets

Basil Hodge Trio

Sunday 23 March

2-5pm

Jazz trio – piano, bass
and drums

Royal Night In – A Jazz Evening with Faye Patton

Sunday 23 March 8pm

Female vocals and blues piano

Alonso

Tuesday 25 March

6-9pm

Singer/songwriter on acoustic
guitar playing native Brazilian
material

David Johnson

Wednesday 26 March

6-9pm

Original work and Indie
classics

Tara Grainger

Thursday 27 March

6-9pm

Jazz standards from piano
and vocals

DJ T-Spark

Friday 28 March

5-8pm

Reggae lovers rock and dub
selections to classic funk and
soul

DJ Excalibah

Friday 28 March

8-12pm

From hip-hop and RnB to
funk, soul and world music

All events are FREE

Theatre Royal Bar, Gerry
Raffles Square, London,
E15 1BN
020 8279 1160 / 1161

USEFUL NUMBERS

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**For questions about
councillor surgeries or to
find out which ward you
live in, call 020 8430 2000
or visit www.newham.gov.uk/yourcouncillor**

**Write to Mayor Sir Robin
Wales at Newham Town
Hall, Barking Road, East
Ham E6 2RP or email
mayor@newham.gov.uk**

**For information about
Community Forums
freephone 0800 519 4015
or email community.forums@newham.gov.uk**

**For information about the
2012 Games and how it will
affect Newham, visit www.newham.com/2012Games**

**To report anti-social
behaviour call Newham's
24-hour hotline on
0800 731 3300**

**To speak to the editor of
The Newham Mag, call
Anita Plaha on 020 8430
2000 or email newham.mag@newham.gov.uk**



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Newham

NEWHAM WELCOMES THE OLYMPIC FLAME

On the streets of Stratford, Sunday 6 April, 12noon onwards



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Getting there

DLR

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